

Students (Week 3)

(Conversation 6)

Complete the sentences with the correct idioms

1. A lot of companies have _____ because of the weak economy.
2. A: How's school this semester?
B: Oh, _____. My classes are interesting and the professors are really nice.
3. A: I'm sure the doctors will discover a vaccine.
B: I hope so, but that's _____.
4. Good night everybody! I think I'll _____ now.
5. That guy's really _____. He thinks he's the greatest person ever.
6. A: 아이구!!!! I got A's in 4 of my classes, but only a B+ in one.
B: That's ok! _____.
7. A: I didn't study hard for the toeic, so I only got a 500.
B: Well, I guess you _____. Next time you should study much harder.
8. They students in our department have a great _____. They always enjoy doing things together.
9. My friend was paralyzed in a car accident, but _____ he learned to walk again.
10. I fought with my girlfriend last week, but we finally _____ today.
11. It's a difficult time now, but I think _____ we'll learn to appreciate the important things in life.
12. I bought a _____ computer. All you have to do is point and click.
13. I get jet lag when I travel from Korea to the U.S. or _____.
14. A: My girlfriend dumped me yesterday!
B: Really? Well, _____. My girlfriend dumped me last week.
15. That girl's always happy. She's full of _____.
16. I don't trust that guy. I think he has _____.
17. A: Oh me! I was really embarrassed today!
B: Really? Why?
A: I asked this woman when she was giving birth.
B: So? What's wrong with that?
A: Well, she wasn't pregnant.
B: Haha! I guess you really _____.
18. Advertising can be annoying, but it's _____ for most companies.
19. The Hanhwa Eagles just won 10 straight games. I think _____ for them now.
20. He studied early for his exams, because he wanted _____ on the

other students.

- a.easier said than done
- b.things are looking up
- c.vice-versa
- d.gone out of business
- e.full of himself
- f.a hidden agenda
- g.join the club
- h.user-friendly
- i.learned your lesson
- j.put your foot in your mouth
- k.a necessary evil
- l.against all odds
- m.a head start
- n.hit the hay
- o.joie de vivre
- p.esprit de corps
- q.kissed and made up
- r.so far, so good
- s.in the long run
- t.you can't win them all

J

Students (Week 3)

Juniors Idioms(Week 3)

(Google>>>52 most common business idioms from the New York Times...)

- 1.hand in hand
- 2.multi-task
- 3.cut corners
- 4.blow you away
- 5.go for broke
- 6.land on your feet
- 7.meeting someone halfway
- 8.water under the bridge
- 9.on the right track
- 10.shooting the breeze
- 11.troubleshoot
- 12.bummed out
- 13.raise the bar
- 14.drop the ball
- 15.burn out rate
- 16.ahead of the curve
- 17.stay on your toes
- 18.get the bugs out

79 / 75 / 72 / 15 / 60

Students J

HOW TO CALCULATE YOUR LIFE EXPECTANCY

A Start with the number 74

74

B Gender

1. Are you male? If yes, subtract 3. Are you female? Add 4.

-3

That's right. There's a seven-year difference between the sexes.

-3

C Lifestyle

2. Do you live in an urban area with a population over 2 million? Subtract 2. Do you live in a town with a population under 10,000 or on a farm? Add 2.
3. Do you work or expect to work behind a desk? Subtract 3. Does your work require regular, heavy physical labor? Add 3.
4. Do you exercise strenuously (tennis, running, swimming, etc.) five times a week for at least a half-hour? Add 2.
5. Do you live with a spouse, relative or friend? Add 5. If not, subtract 1 for every 10 years alone since age 25.

0

Living in a city is bad for your health. There's too much pollution and tension!

-2

0

-10

2

75

77

People together eat better, take care of each other, and are less depressed.

68

D Personality

6. Do you sleep more than 10 hours each night? If so, subtract 4.
7. Are you intense, aggressive, easily angered? Subtract 3. Are you easygoing, relaxed, a follower? Add 3.
8. Are you happy? Add 1. Unhappy? Subtract 2.

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Having a lot of money might lead to high living and tension.

77

70

E Success

9. Are you or do you expect to be rich? If so, subtract 2.
10. Did you finish college? Add 2. Do you expect to finish college? Add 2. Do you have a graduate degree? Add 2 more.
11. Do you plan to work after the age of 65? Add 3.

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People with higher education seem to live more sensibly—at least that's the theory.

60

69

82

F Health

12. Do you smoke more than two packs of cigarettes a day? Subtract 8. One to two packs a day? Subtract 6. One half to one? Subtract 3.
13. Are you overweight by 22.5 kg or more? Subtract 8. By 13.5 to 22.5 kg? Subtract 4. By 4.5 kg to 13.5 kg? Subtract 2.

—

—

That's right. Retirement kills.

90

G Age Adjustment

14. Are you between 30 and 40? Add 2. Between 40 and 50? Add 3. Between 50 and 70? Add 4.

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(What's your Life Expectancy?)

What's the man's name?

Where's he from?

What did he do when he was 34?

Students

A PERSONAL STORY

In 1993, two sisters named Bessie and Sadie Delany, ages 101 and 103, published their memoir—a collection of their memories. Their book *Having Our Say* became a best-seller in the United States, and the Delany sisters were instantly famous. In the chapter below, Sadie tells what it's like to be more than 100 years old. She died six years after she wrote these words, at age 109.

Before you read, think about this: What do you think Sadie's life is like? Do you think, for example, that she uses a wheelchair or that she sleeps most of the time? Imagine what life could be like for someone who is 103. Then read Sadie's description of her everyday life.

From Having Our Say by Sadie and Bessie Delany

We both forget we're old. This happens all the time. I'll reach for something real quick, just like a young person. And I realize my reflexes are not what they once were. It surprises me, but I can't complain. I still do what I want, pretty much.

These days, I am usually the first one awake in the morning. I wake up at six-thirty. And the first thing I do when I open my eyes is smile, and then I say, "Thank you, Lord, for another day!"

If I don't hear Bessie get up, I'll go into her room and wake her. Sometimes I have to knock on the headboard of her bed. And she opens her eyes and says, "Oh, Lord, another day?!" I don't think Bessie would get up at all sometimes, if it weren't for me. She stays up late in her room and listens to these talk-radio shows, and she doesn't get enough sleep.

In the mornings, Monday through Friday, we do our yoga exercises. I started doing yoga exercises about forty years ago. Well, when Bessie turned eighty she decided that I looked better than her. So she decided she would start doing yoga, too. So we've been doing our exercises together ever since. We follow a yoga exercise program on the TV. Sometimes, Bessie cheats. I'll be

doing an exercise and look over at her, and she's just lying there! She's a naughty old gal.

Exercise is very important. A lot of older people don't exercise at all. Another thing that is terribly important is diet. I keep up with the latest news about nutrition. About thirty years ago, Bessie and I started eating much more healthy foods. We don't eat fatty food very often. When we do, we feel like we can't move!

We eat as many as seven different vegetables a day. Plus lots of fresh fruits. And we take vitamin supplements: Vitamin A, B complex, C, D, E, and minerals, too, like zinc.

Every morning, after we do our yoga, we each take a clove of garlic, chop it up, and swallow it. If you swallow it all at once, there is no odor. We also take a teaspoon of cod liver oil. Bessie thinks it's disgusting. But one day I said, "Now, dear little sister, if you want to keep up with me, you're going to have to start taking it, every day, and stop complaining." And she's been good ever since.

These days, I do most of the cooking, and Bessie does the serving. We eat our big meal of the day at noon. In the

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evening, we usually have a milk shake for dinner, and then we go upstairs and watch the news on the TV.

After that, we say our prayers. We say prayers in the morning and before we go to bed. It takes a long time to pray for everyone, because it's a very big family—we have fifteen nieces and nephews still living, plus all their children and grandchildren. We pray for each one. The ones that Bessie doesn't approve of get extra prayers. Bessie can

be very critical and she holds things against people forever. I always have to say to her, "Everybody has to be themselves, Bessie. Live and let live."

You know, when you are this old, you don't know if you're going to wake up in the morning. But I don't worry about dying, and neither does Bessie. We are at peace. You do kind of wonder, when's it going to happen? That's why you learn to love each and every day, child. ♦

◆ SHARING YOUR TRUE STORIES

Discuss the answers to these questions with your classmates.

1. What did Sadie and Bessie do to stay healthy? Make a list.

For example: *They did yoga.*

They kept up with the latest news on nutrition.

Is there anything on the list that you do—or would like to do—so that you can have a long, healthy life?

2. Are there any things Sadie and Bessie did that people in your country usually don't do? Are there any things Sadie and Bessie did that people in your country often do, too?
3. Of all the things Sadie and Bessie did to stay healthy, which do you think are the most important? Why?
4. Does Sadie remind you of someone you know or have known? Tell the class who the person is and why he or she is like Sadie in some way.

NEWS AND VIEWS

How can we have long and healthy lives, like Sadie and Bessie Delany and the people of Campodimele, Italy? Dr. Zorba Paster has some suggestions.

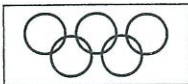
Dr. Paster is a medical doctor and a professor at the University of Wisconsin Medical School. He gives medical advice on a weekly radio show and has written a book called *The Longevity Code*. In his book, Dr. Paster tells us how to have long, healthy lives. His advice is based on scientific research, his own experience as a doctor, and common sense. Here is his "prescription" for a long, sweet life.

La Dolce Vita (The Sweet Life)
 What's the man's name?
 Where's he from?

Before you begin reading, look at the six subheadings. Each subheading gives you the topic of the paragraphs below it. Notice, too, the illustration of the five interlocking rings. What could be the connection between the rings and the topic of the article—how to have a long, healthy life? (Take a guess, and remember that no logical guess is wrong.)

From ***The Longevity Code*** by Dr. Zorba Paster

- 1 Jeanne Calmet, of Arles, France, was still living in her own apartment at age 110. At age 115, she was still riding her bicycle. When she died in 1997 at the age of 122, she had lived longer than any person on record.
- 2 Perhaps you wouldn't want to live to 122, but certainly you would like to live a long and healthy life. We all want to know the tricks for **prolonging** our lives, and physicians and researchers have written thousands of pages on the topic. Most of them write about the **benefits** of taking care of your body: Cut your cholesterol, lose weight, exercise, stop smoking, and watch your blood pressure. While cholesterol, diet, exercise, and not smoking are important, there is more to consider. Just as **critical** are how much you like your job, whether you have a good relationship with your parents and children, whether you're depressed or happy, angry or delighted, mean or kindhearted.
- 3 We would all agree that these factors count in quality of life. The fact is that they **count** in length of life, too—perhaps even as much as the physical factors your doctor can treat. The truth is that being well does not simply mean being in great physical shape. Overall good health is composed of five unique spheres of wellness: the physical, the mental, the family and social, the spiritual, and the material. Picture the Olympic symbol of five interlocking rings. Like the Olympic rings, the five spheres of wellness overlap and interact. Most of us have experienced the way the spheres affect one another. Perhaps mental stress caused a



headache, which hurt so much you stayed home from a party, which meant you spent Saturday night alone, which made you so depressed you ate a quart of ice cream. Or perhaps the spheres of wellness interacted in a positive way: A peaceful walk on the beach calmed your mind, relaxed your body, gave you physical exercise, helped you sleep better, made you more pleasant to be around, and so on.

In order to live a life that is not only long, but happy, satisfied, and fulfilling—what I call a “sweet” life—you must have good health in all five spheres. Knowing which areas need the most improvement and which are already healthy is the key to increasing your life span.

Sphere #1: Physical

There is more to physical health than being “healthy”—that is, not being sick. To increase your chances of having a long life, you also need to pay attention to physical fitness, nutrition, and safety strategies, like wearing a seat belt.

Physical fitness is definitely a plus in the physical sphere. Basically, the secret to physical fitness is being active. The more we use our muscles—whether we use them to clean the house or run a marathon—the more physically fit, energetic, and long-lived we're likely to be. **Sedentary** lifestyles, on the other hand, limit longevity—they're one of the top ten causes of **premature** death.

Sphere #2: Mental

There are a number of psychological illnesses that have a negative **impact** on

(continued)

WML

longevity. Depression is one of them; severe anxiety is another. So, if you are depressed or very anxious, it's important to find the treatment that will help you.

- 8 It's also important to control your anger. Becoming furious over every small frustration is truly deadly: Studies indicate that after a fit of anger—especially the face-reddening, fist-clenching, furniture-pounding kind—the risk of having a heart attack is more than twice as high.
- 9 Finally, it's important to keep your mind sharp and challenged. Lifelong learning is one way to do that. As we age, one of our greatest fears is that our bodies will keep going but our minds will stop working. Lifelong learning keeps our minds active.

Sphere #3: Family and Social

- 10 A recent study compared the longevity of three groups of people: "couch potatoes" (sedentary types who spent most of their free time watching TV); "gym rats" (people who were compulsive about exercising); and "social butterflies" (people who often got together with other people). Guess which group had the longest and healthiest lives? The social butterflies.
- 11 Bonds with other people improve our outlook and build self-confidence. Social support also helps us get through stressful times. Those of us who have the support of family and friends are less likely to have heart disease and generally live longer.

Sphere #4: Spiritual

- 12 Physicians rarely talk about religion; it's a topic that's so personal, it's almost taboo. Yet scientific evidence shows that a spiritual or religious path not only gives comfort but also adds to longevity.
- 13 The spiritual sphere is the most difficult to describe. It includes anything we do to

contemplate the higher meaning and purpose of our lives: meditation, prayer, attending religious services, reading inspirational material, chanting, sitting quietly in a garden, or walking through a forest. And yes, all of this is connected to life expectancy and life quality.

Sphere #5: Material

The material sphere is where you find all 14 your "stuff"—all the things outside yourself that affect how you feel. This sphere includes your job, your house, your car, your bank account, and your credit card debt.

One part of the material sphere is finan- 15 cial. Having a lot of money is not important, but being content with what you have is. A huge home, luxury cars, and diamonds will not make your life better or help you live longer. However, if not having those things makes you feel ashamed or jealous, then not having what you want could be a problem. Indeed, simply feeling that you don't have enough can shorten your life.

Creating Balance

Diet, exercise, and quitting smoking are 16 important, but they are not the only keys to having a long and healthy life. Meditating might also be important, or planting a garden, or playing cards with friends. If those things calm and relax you, bring you pleasure or make you laugh, then do them.

Longevity is a two-sided coin, with quan- 17 tity on one side and quality on the other. Just as no one wants a great life that's cut short prematurely, no one wants a life that's long but not satisfying. We want to have it both ways—long *and* great. In fact, we can have long, great lives when we balance the five spheres of wellness. ♦

La Dolce Vita (The Sweet Life)
What's the man's name?
Who's he from?

BUILDING ACADEMIC VOCABULARY

The words below are on the Academic Word List.* Find the words in "The Longevity Code." (The number in parentheses is the number of the paragraph.) If you are not sure what a word means, look it up in your dictionary. Then use the words in the sentences that follow.

topic (2, 12)

overall (3)

overlap (3)

interact (3)

positive (3)

physical (5)

definitely (6)

impact (7)

challenge (9)

evidence (12)

1. The dam across the Yangtze River will have a huge _____ on the thousands of people who live in the river valley.
2. He is working as a gardener because he would rather be outside doing _____ work than inside doing mental work.
3. Don't drink citrus juice when you take this medicine. The citric acid in the juice will _____ with the medicine, and the medicine won't work.
4. Both the advertising and marketing departments have a common goal: They want as many people as possible to know about the company's products. As a result, the responsibilities of the two departments _____ somewhat.
5. Because she is taking five difficult classes this semester, getting good grades is a _____.
6. Doctors say that eating a lot of fruit and vegetables has a _____ effect on your health.
7. This evening environmentalists are going to talk about cleaning up our polluted rivers. I'm going to their presentation because I'm interested in the _____.
8. His teacher told him he might get a B as his final grade, or maybe a B+, but _____ not an A.
9. The plane fare was \$300, the hotel room was \$125 a night, and the food was \$200, so the _____ cost of the trip was more than \$1,000.
10. Police were quite certain he had committed the crime, but they did not arrest him because they had no _____.

*For an explanation and the complete Academic Word List, see page 157.

J 8 students

Answer these questions

A. From Having Our Say

1. What is the name of the 2 sisters?

How old were they in 1993?

What's a memoir?

2. Who is usually the first sister to wake up? What time?

What is the first thing she does?

What does Bessie say when she wakes up?

What does Bessie do at night?

3. What do the sisters do in the mornings?

When did Sadie start? Bessie?

4. What's important to the sisters?

What kind of food don't they eat?

How many different vegetables do they eat a day?

What else do they eat?

What vitamins do they take?

5. What do they take after their exercises every morning?

6. Who does most of the cooking? The serving?

What time do they eat their big meal of the day?

What do they do in the evening?

7. What's the last thing they do?

How many nieces and nephews do they have?

Do Sadie and Bessie worry about dying?

5

Students

The Longevity Code(Answer these questions)

1.Where's Jeanne Calmet from?

When did she die?

How old was she when she died?

What was she doing when she was 115?

What's special about her?

2.What are the 5 spheres of wellness?

3.What's the secret to physical fitness?

What's the problem with sedentary lifestyles?

4.What are 2 psychological illnesses?

What's another thing that's important?(why?)

How can we keep our mind sharp and challenged?

5.What's a couch potato?

A gym rat?

A social butterfly?

What group has the longest healthiest lives?(why?)

6.What does the spiritual sphere include?

7.What does the material sphere include?

Is having a lot of money important?

8.How can we have a long life?

J

Students (오랫동안)

Answers

Complete the sentences with the correct idioms

1. The SKYM universities are the cream of the crop in Korea.
2. My friend's a jack of all trades. He can do almost anything.
3. A: What's your game plan for the future?
- B: Well, first I want to graduate from Mokwon. Then I want to find a good job.
4. Students should never slack off. They should always study hard.
5. A: How's your company doing?
- B: Ok! I think we're breaking even this year.
6. A: What's the Old Man and the Sea about?
- B: Well, in a nutshell it's about an old man trying to catch a fish.
7. The U.S. has suffered from a brain drain, because many companies have moved overseas.
8. I finished my homework just in the nick of time.
9. A: Should I take Severn's class or a modern dance class?
- B: Oh, that's a no brainer. You should definitely take Severn's class!
10. The company cut a deal to hire 1000 new workers.
11. My boss rejected my new suggestions for advertising, so I guess it's back to the drawing board now.
12. I decided to sever ties with my company, because my boss was not very nice.
13. A: Congratulations on your new job!
- B: Thanks! I'm excited, but I think I have my work cut out for me.
14. Come on! Why don't you cut to the chase and tell me what you really think.
15. I donate a ballpark figure of 20% to charity every month.
16. The police were careful to do everything by the book.
17. He said he was happy, but if you read between the lines he seemed kind of depressed.

- a. back to the drawing board
- b. ballpark figure
- c. brain drain
- d. break even
- e. by the book.
- f. cream of the crop
- g. cut a deal
- h. cut to the chase
- i. game plan
- j. have my work cut out
- k. in a nutshell

J Students Answers

Juniors Idioms

- 1.easier said than done...looks easy but is actually pretty difficult
- 2.things are looking up...things are improving
- 3.vice-versa...the opposite is also true
- 4.go out of business...company closes or shuts down
- 5.full of yourself...feeling too proud
- 6.a hidden agenda....a secret plan or motive to do something
- 7.join the club...when somebody experiences something bad that you experienced
- 8.user friendly...easy to use
- 9.learn your lesson...you learn something about life after making a mistake
- 10.put your foot in your mouth...you say something by mistake(embarrassing)
- 11.a necessary evil...something you don't like but understand you need
- 12.against all odds...you dosomething even though it doesn't seem possible
- 13.a head start...you start something before others(gives you an advantage)
- 14.hit the hay/the sack...go to sleep
- 15.joie de vivre...to enjoy living
- 16.esprit de corps...feeling of pride as a group
- 17.kiss and make up...get over a disagreement and become friendly again
- 18.so far, so good...everything's going well until now
- 19.in the long run...over a long period of time
- 20.you can't win them all...what you say after losing to make losing seem ok then

Students Answers

Extreme Adjectives/Adverbs/Verbs

1. Valuable...Priceless
2. Pretty...Gorgeous
3. Ugly...Hideous
4. Clean...Spotless
5. Dirty...Filthy
6. Cold...Freezing
7. Funny...Hilarious
8. Angry...Furious
9. Happy...Ecstatic
10. Interesting...Fascinating
11. Silly...Ridiculous
12. Smart...Brilliant
13. Tired...Exhausted
14. Big...Huge/Gigantic/Massive
15. Small...Tiny
16. Surprised...Astonished/Astounded
17. Crowded...Packed
18. Scary...Terrifying
19. Hungry...Starving
20. Love...Adore/Worship
21. Hate...Detest/Abhor/Loathe/Despise